



Wilmington Nc Chiropractors

Welcome to our wilmington nc chiropractic and wellness center

At Russ Chiropractic and Wellness Center, we offer completely customized, natural, and non-invasive healthcare solutions for your individual health. We focus on inside-to-outside philosophy to ensure that your whole body is treated. Our doctors don't want to offer a "band-aid" solution; we want you to be healed completely. We understand that the Central Nervous System is the master controller of your whole body, and where there are blocks, your body will be limited, and will not be able to perform at maximum capacity. This inference is called subluxation. As professionals, we have many solutions to find the inference and help you achieve your optimal health.

Our Services

This technique is one of the most popular "low force" approaches to chiropractic in the world, because we use an adjustment instrument called The Activator Methods® Adjusting Instrument, which is a handheld spring-loaded tool that delivers a consistent low-force, high-speed thrust. This is extremely beneficial for elbows, wrists, knees, and other joints of the body.

Cox Flexion-Distraction

This is a gentle, non-force approach utilizing a special table. The movements of this table help traction the spine, opening up compressed spinal discs and reducing pressure on facet joints of the spine. This highly-effective technique offers a conservative resolution of low back and leg pain that often averts the need for surgery. We find it powerfully effective. Patients find it surprisingly gentle and ask to take the table home.

Extremity Adjusting

We recognize that treatment of the whole body requires synchrony between the nervous system and the mechanical control system of the kinetic chain. Subluxations of any joint have both neurological and mechanical components.

Wellness Chiropractic, Chiropractic Services for Kids, Lifestyle Coaching, Massage Therapy, Nutritional Counselin, Prenatal Chiropractic Care, Community Wellness, Corporate Wellness, Objective Technology, Stress Management.

ADHD, Whiplash, Allergies, Auto-accidents, Bed wetting, Back pain, Carpal tunnel, Colic, Ear infection, Headache, PMS, Pinched Nerve, Slipped Disc, Stress, Scoliosis, Sciatica And more.

Chiropractic Care

When visiting our practice, we take the chiropractic lifestyle to a level where it becomes REAL for you. Not only do we offer the adjustment, but we combine these programs with tips on fitness, nutrition and stress relief. We take into account your entire body and the lifestyle choices that you make when developing customized protocols for you to follow. With this being said, please contact our office today so that we can schedule a health consultation with you!

Chiropractic Care for Children

The Chiropractic care that we provide is an effective and affordable program that addresses children's health conditions associated with the nervous and musculoskeletal systems. Gentle, noninvasive and drug-free, chiropractic adjustments treat, resolve and prevent a wide range of health problems. Recent research by the International Chiropractic Pediatric Association (ICPA) found spinal manipulative therapy safe and successful in treating children of all ages.

Massage Therapy

We offer wilmington nc swedish, deep tissue, and sports massages



We recognize that your ability to RELAX is essential to living a life filled with vitality.

If you experience back or neck pain, poor blood circulation, migraines, trouble sleeping, low energy levels, soreness, or you simply need some time to de-stress, you should consider scheduling some time with one of our massage therapists, who works with our doctors to tailor your massage to your specific health needs.

This massage could include a combination of Swedish Massage, Deep Tissue Massage, Trigger Point, Myofascial Release, Structural Relief Therapy, specific techniques for those who have been in motor vehicle accidents, Energy Work, Reflexology, Aromatherapy, Pregnancy Massage, and Sports Specific Massage.

After your massage, you may feel younger, with increased energy, decreased pain, fewer subluxations, a strengthened immune system, and improved lymph drainage.

Headache Pain

Migraines and other headaches can strike at any time for individuals who suffer. This large inconvenience can have a negative impact on your career, family life, overall health and your happiness.

We Know What Your Problem Is!

Your spine is misaligned! The primary cause of headaches is tension within the neck, which means that part of your spine is out of place, causing an imbalance that's throwing off your Central Nervous System.

How to Fix Headaches with Chiropractic Care

Get adjusted! Slight manipulations can put your spine back into alignment and solve your headache woes. Consistent treatment leads to success.

Neck Pain

Your neck and shoulders work hard every day. Neck pain is almost a universal human experience. The slightest deviation in the relationship between the bones of the cervical spine can cause pain and limit head and neck mobility. Research shows that chiropractic treatments can relieve neck pain more effectively than any pain medication.

Neck pain can derive from any type of neck strain or neck injury (whiplash), virus infection of the throat (which may lead to lymph gland swelling thus putting strain on the neck), headaches, poor posture, uncomfortable sleeping positions or even physical and emotional stress. Spinal manipulation and/or chiropractic neck adjustments have been shown to be beneficial in the treatment of neck pain, regardless of the cause.

Contact Us

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For more information please visit
<http://www.russchiro.com>